

Fruit and Vegetable Consumption In Children

A number of recent studies have analyzed our children's diets and what they have discovered is frightening. According to a research article in the Journal of the American Dietetic Association, up to 33% of infants, as young as 7 months of age, consumed no measurable servings of vegetables, and 23% to 33% consumed no fruits (1). In infants and toddlers, french fries were the most common vegetable consumed.

A study obtained from the US Department of Agriculture's 1989-1991 Continuing Survey of Food Intakes by Individuals, revealed more startling news. The top 10 sources of carbohydrate for children 2 to 18 years of age were yeast bread, soft drinks/sodas, milk, ready-to-eat cereal, cakes/cookies/quick breads/donuts, sugars/syrups/jams, fruit drinks, pasta, white potatoes (2). Fortified ready-to-eat cereal – not vegetables – was found to be among the top contributors to folate, vitamin A, vitamin C, iron, and zinc intakes.

What are the consequences of these findings? A diet low in fruits and vegetables have been associated with many diseases and conditions. Low fruit and vegetable consumption has been linked to a number of cancers, heart disease, cavities, low bone density, obesity, and more (3, 4, 5, 6).

In contrast, diets including higher intakes of fruits and vegetables have been shown to decrease cancer risk, age-related macular degeneration, stroke, heart disease, and diabetes (7, 8, 9). Another study from Tulane University School of Public Health and Tropical Medicine found an inverse association of fruit and vegetable intake and all causes of death in the general US population (10).

Fit4Kids™ Whole Food Nutrition Program contains not only vitamins and antioxidants from whole foods, highly absorbable minerals, plant enzymes, and probiotics, but also the fruits and vegetables that many children are missing in their diets.

- 1 J Am Diet Assoc. 2004 Jan;104(1 Suppl 1):s22-30.
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- 4 JAMA. 2003;290:2271-2276.
- 5 J Am Dent Assoc. 2004 Jan;135(1):55-66.
- 6 Am J Clin Nutr. 2004 Feb;79(2):311-7.
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- 8 Arch Ophthalmol (122, 6:883-92, 2004).
- 9 JAMA. 1999 Oct 6;282(13):1233-9.
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